



RECREATION DEPARTMENT

The Heart of the Neighborhood



KP/CV Kids™

Kids in Dynamic Shape

January 11 - February 15, 2008

5:15 - 6:45 PM

What is KP/CV KIDS™?

It's a complete health promotion program that helps families promote healthy eating and increased physical activity. It is designed for children age 5-12 years and their family members.

Is KP/CV KIDS™ fun?

YES! Participate in fun-filled games and activities, and receive Kai\$er CV Buck\$. Cash in those Buck\$ for prizes in the KP/CV KIDS™ treasure chest.

How can KP/CV KIDS™ help?

KP/CV KIDS™ meets once per week for six weeks. Each session is one and a half hours long, divided into 30 minute increments of nutrition, physical activity and behavior change education.

- **EAT SMART:** smaller portions and healthier choices
- Eat five helpings of fruits and vegetables a day
- Cut down on juice and soda
- Get up and MOVE: play at least one hour per day
- Limit "Screen Time" (TV, video games)
- Change is a family affair
- Stop, think, make a (healthier) choice

Who is behind KP/CV KIDS™?

Kaiser Permanente health professionals-experts in the areas of pediatric medicine, nutrition, exercise, behavior change and health education have trained Chula Vista Recreation Department staff to provide this excellent KP/CV KIDS™ program.

Mail Registration to:

OTAY RECREATION CENTER

3554 Main Street, Chula Vista, CA 91911

www.chulavistaca.gov/rec

(619) 476-5325

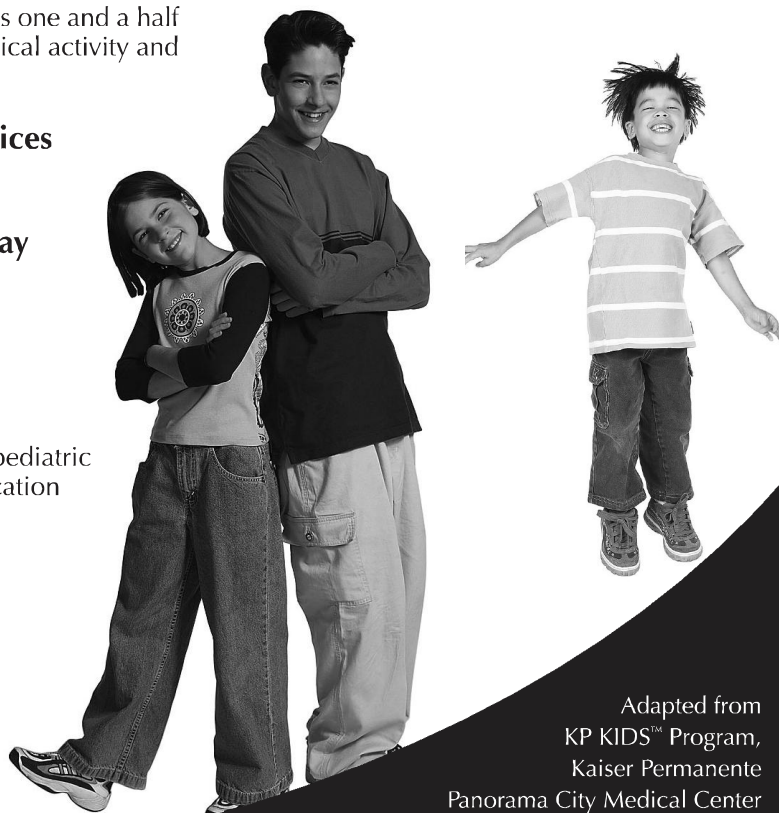


KAISER PERMANENTE®

TRAFFIC LIGHT METHOD OF EATING: No food is forbidden, but emphasis is placed on the differences between high, medium and low calorie foods.

EXERCISE: All children are provided with pedometers to monitor daily activity in the first session. Children join in age-appropriate games and activities in the last five sessions.

BEHAVIORAL: Focus is placed on family-based behavioral goals to affect changes in the family.



Adapted from
KP KIDS™ Program,
Kaiser Permanente
Panorama City Medical Center

FEE: \$40 resident/ \$50 non-resident
(Note: materials also available in Spanish)